

Lincolnia Senior Center

4710 North Chambliss Street Alexandria, VA 22312



www.fairfaxcounty.gov/ncs

Operating Hours:
Monday - Friday 9 a.m. to 4 p.m.

Schedule of events and activities are subject to change. Please call the facility directly for the most updated information.

SEPTEMBER 2015

Programs			
Program	When	Time	Description
Bridge	Monday	1 p.m.	AT JAMES LEE COMMUNITY CENTER. This group plays bridge in a casual setting. If you enjoy a relaxed atmosphere, not overly concerning yourself about minor mistakes, then please join the open bridge group.
Chinese Painting	Monday	10 a.m.	AT LINCOLNIA SENIOR RESIDENCE. Around 12 people participate in this group each week. Some of the group members have been taking Chinese painting for over 15 years! Everyone works at
Current Events	Second Wednesday	10:30 a.m.	AT BAILEY'S COMMUNITY CENTER. Sessions are led by a professional facilitator and built upon the personal experience and knowledge of the participants. This course is a discussion of the current issues of the day including politics, economy, health care, technology, local, state and national electors/candidates, scientific breakthroughs, foreign affairs, and general cultural issues. Sessions are led by a professional facilitator and built upon the personal experience and knowledge of the participants.
Dollmakers	Tuesday	10 a.m. - noon	AT LINCOLNIA SENIOR RESIDENCE. A friendly group that makes teaching dolls for area hospitals to use with their young patients. Doctors first demonstrate on the doll so the child will be more comfortable with their up coming procedure. The child then keeps their very own teaching doll.
History with Real Professors	Thursday	10:30 a.m.	AT JAMES LEE COMMUNITY CENTER. This course is on the American Revolutions, starting with the end of the French and Indian War (1756-1763) and going through up to the American Revolutions, the Articles of Confederation, the Constitutional Convention, and the Presidencies of George Washington and John Adams. It stops with the presidential election of 1800.
Machine Knitters	Second Wednesday	10 a.m.	AT LINCOLNIA SENIOR RESIDENCE. Learn new skills at workshops and learn techniques from others. Demonstration machine provided. Experienced machine knitters are welcome. Please stop by the group to inquire.
Mahjong	Wednesday and Saturday	1 p.m.	AT LINCOLNIA SENIOR RESIDENCE. The Mahjong game is an ancient Chinese tile game and is similar to the Western "Gin Rummy" game. There is a diversified range of Mahjong that uses pretty parallel basic rules, but different scoring and different plans, special hands, and tile combination. It consists of 144 tiles plus a wind indicator (4) and 3 dice. Mahjong is also called a solitaire game due to the resemblance. Most doctors in China call Mahjong the best way to prevent Alzheimers Disease.
Party Bridge	Wednesday	9 a.m.	AT JAMES LEE COMMUNITY CENTER. If you enjoy playing the game of bridge in a relaxed atmosphere, not overly concerning yourself about minor mistakes, by yourself or others, or about becoming a "Master," then Party Bridge may be right for you.
Classes			
Class	When	Time	Description
Aerobics	Monday & Thursday	9 a.m.	AT JAMES LEE COMMUNITY CENTER. This class is high impact aerobics designed for seniors. The class includes weight bearing, warm-ups, resistance training, balance, coordination, flexibility, and stamina. Participants should bring a mat for floor exercise and a set of 2-or-3 pound weights. Dynabands and towels will be used and can be purchased from the instructor.
Arthritis Exercise	Thursday	10:30 a.m.	AT BAILEY'S COMMUNITY CENTER. Arthritis exercise starts with gentle stretching and slow movement. After warming up your muscles and joints, the movement will gradually increase to a much faster pace. All participants should take their own pace and comfort for this exercise. This is part of the Arthritis Foundation Exercise Program. All the exercise steps are repeated. The purpose of this exercise is to strengthen muscles and joints, increase range of motion, reduce muscle fatigue, and reduce stress. With each exercise step you will learn proper breathing techniques. The exercise routine includes the following 5 steps: warm-up, head to toe range of motion, standing muscle work out, endurance, and cool down.
Ballroom I	Wednesday	12:30 p.m.	AT JAMES LEE COMMUNITY CENTER. Formerly Ballroom I & II. Ballroom Dancing is for all who wish to participate. It is music of "sentimental forties," i.e. foxtrot, rumba, waltz, cha cha, swing, triple swing, mamba, bossa nova, Viennese waltz, and special requests. This is an excellent opportunity for those taking ballroom dance lessons to have an opportunity to practice at a reasonable cost.
Ballroom II	Wednesday	1:30 p.m.	AT JAMES LEE COMMUNITY CENTER. Formerly Ballroom III. Join instructor Fred Long, for a course in the foundations of ballroom. You do not need a partner, so come with your dancing shoes and a basic knowledge of Ballroom dancing.
Ballroom with Technique	Monday	12:30 p.m.	AT JAMES LEE COMMUNITY CENTER. Ballroom Dancing is for all who wish to participate. It is music of "sentimental forties," i.e. foxtrot, rumba, waltz, cha cha, swing, triple swing, mamba, bossa nova, Viennese waltz, and special requests. This is an excellent opportunity for those taking ballroom dance lessons to have an opportunity to practice at a reasonable cost.
Beginning Line Dance with Joan	Friday	2 p.m.	AT BAILEY'S COMMUNITY CENTER. Get ready to shake a tail feather as Joan has lots of energy and will keep you going nonstop! This class is designed for beginners and advanced students alike.
Beginning Tap	Wednesday	3 p.m.	AT JAMES LEE COMMUNITY CENTER. This is an introduction course for the Snappy Tappers. You will learn the basics of tap, as well as routines that you will perform at recitals across Fairfax County and Northern Virginia. This group provides great exercise and will keep you young!

Bridge Class	Wednesday	2:30 p.m.	students who would like to improve their skills. You will be taught the skills and knowledge of how to be a good bridge player all while having fun! The course will review rules for Party Bridge and
Cardio & Stretch	Friday	10:15 a.m.	also suitable for those unable to get down on the floor or who must sit in chairs to exercise. The class includes weight bearing, warm-ups, resistance training, balance, coordination, flexibility, and
Chair Exercise Live	Monday, Tuesday, Friday	11:15 a.m.	AT BAILEY'S COMMUNITY CENTER. Seated Chair Exercise has never been this much fun! Utilize stretch bands, weights, and your own enthusiasm in order to maximize this thirty minute workout. Sitting has never been so productive!
Intermediate Line Dancing with Kat	Wednesday	1:45 p.m.	AT JAMES LEE COMMUNITY CENTER. Kat spans decades of music in order to teach popular line dances. From Michael Jackson to Psy, she will show dances that are done at the biweekly Northern Virginia Country Western Dance Association gathering here at Lincolnia Senior Center.
Ballroom Dance	Tuesday	1 p.m.	AT JAMES LEE COMMUNITY CENTER. Join fellow ballroom dancers for a DJ dance. Tango, waltz, foxtrot, and the hokey pokey are all among the dances enjoyed by all. \$2 at the door.
Dynamic Health Qigong	Friday	9:15 a.m.	AT JAMES LEE COMMUNITY CENTER. Vivian Takafuji will help you relax and find your chi. You will find balance and a calm environment.
Spanish Conversation Group	Monday	12:45 p.m.	AT BAILEY'S COMMUNITY CENTER. This group happily accepts new members who want to expand their knowledge of the Spanish language. All levels welcome.
Strength & Weights	Friday	11:15 a.m.	AT JAMES LEE COMMUNITY CENTER. This class is a moderate impact exercise class. The class is also suitable for those unable to get down on the floor or who must sit in chairs to exercise. The class includes weight bearing, warm-ups, resistance training, balance, coordination, flexibility, and stamina. Participants should bring a mat for floor exercise (if appropriate) and a set of 2-or-3 pound weights. Dynabands and dowels will be used and can be purchased from the instructor.
West Coast Swing	Sunday	1 p.m.	AT HOLLIN HALL SENIOR CENTER. Join Adam as he covers the fundamentals of West Coast Swing.
Sunday Tea Dance	Sunday	2 p.m.	AT HOLLIN HALL SENIOR CENTER. Join fellow ballroom dancers for a DJ dance. Tango, waltz, foxtrot, and the hokey pokey are all among the dances enjoyed by all. \$2 at the door.
Tai Chi	Monday, Tuesday, Thursday	9 a.m.	AT BAILEY'S COMMUNITY CENTER. This is an excellent class for stress relief. Tai Chi is a healthy, non-impact exercise and effective martial art. It features slow and graceful movements suitable for producing and maintaining general physical fitness and overall health.
Tap	Thursday and Friday	1 p.m.	AT LITTLE RIVER GLEN SENIOR CENTER (THURSDAY) WAKEFIELD SENIOR CENTER (FRIDAY). This group is better known as the Snappy Tappers and is designed for the more advanced tap dancer. Rommie has been a volunteer instructor for this class for 22 years and the group has performed over 300 times. In this class you will learn routines to perform across Fairfax County and Northern Virginia as well as design costumes and develop your own routines.
Yoga	Thursday	10:30 a.m.	AT BAILEY'S COMMUNITY CENTER. Instructor Mary Wolf will lead students through the stretches of yoga. Learn meditation rituals while both utilizing chair and mat work.